CogNotes

The Rotary Club of Swarthmore
P.O. Box 4, Swarthmore, PA 19081

June 9, 2016

June is Rotary Fellowship Month

Improving Lives in Communities
Locally and Around the World for over 75 Years

Rotary International President K.R. Ravindran
District 7450 Governor   Chad Rosenberg
Assistant Governor   Francy Cross

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Today's Program:

Meltem Gonella, " Changes in the World of Journalism in the Past 30 Years"

Table Grace

Lord of all that is good, help us to become more conscious and appreciative of life's highest and most enduring values and to be more eager to share them with all humankind. Open to us added channels through Rotary by which we may bring this to pass. And now Father, accept our thanks for the blessings of this hour. Frederick E. Christian

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Coming Programs & Events

June 16 Stuart Hain, Vice President, Facilities and Capital Projects, Swarthmore College "Upcoming Building Projects at the College"

June 23 Club Assembly
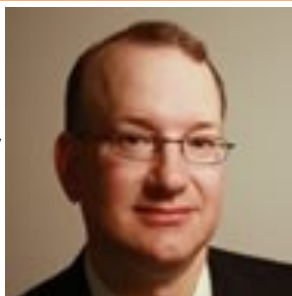
June 30 ANNUAL INSTALLATION DINNER

**Know someone who has an interest in any of these topics? Invite them to the meeting!

The Pledge of Allegiance

Four Way Test:
Of the things we think, say and do:

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOOD WILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all Concerned?**

Guests: Jim Snively (Gladys's husband), Sam Capalbo (Joe's intern), Sameen & Foad Oboudiyat (scholarship winner & father), Maddie & Stephanie Stabinski (mother), Lydia Pastuszek (scholarship sponsor).

Last Meeting's Speaker: Seth Rosenberg

"Don't let them in". That was cybersecurity expert Seth Rosenberg's advice on safe use of your computer. The best thing about his talk was that it was loaded with practical rules to follow. Here are some. 1. Buy anti-virus software. The free software is not as good. Program it to scan your whole computer at least monthly. 2. Keep all of your programs updated, including programs such as Java. 3. Get rid of obsolete programs such as Quicktime and Adobe Flash. 4. Open attachments and click on links only in emails you are expecting, even if it is from someone you know.

2016 Rotary International Convention
Seoul, South Korea | May 28 - June 1

Last week, Korea played host to Rotary's largest event of the year, its annual convention. More than 42,000 Rotary members from over 100 countries came together to celebrate service, exchange ideas, and relax among friends at unforgettable concerts and social events. Read more at Rotary.org and consider joining the 2017 Atlanta Convention!

RI President K.R. Ravindran shares a personal story of triumph over polio at the closing session of the 107th Rotary convention.

DONATIONS NEEDED!
The CityTeam Ministries food pantry is bare and needs constant replenishing. If you can donate items such as: peanut butter, tuna fish…

Please contact Cathy Darrell, who will transport any donated items. Or just bring them to a meeting.

Andrew Sullivan, club member, attended the 2016 Rotary Intl Convention in Seoul, Korea where he lead attendees in packaging 150,000 meals that were distributed to school children in Cambodia.

Also pictured: Jomar Fleras, Stop Hunger Now Philippines Exec Director.

Speaker: *Continued from Front*
6. Ignore emails asking for information. The IRS is not going to ask you for your bank account number. 7. Use complex passwords (at least 10 characters), and change it often. 8. Upgrade to Windows 10. You can get more detailed information by subscribing to Seth's quarterly email newsletter at syncretic.com/info.

Happy Dollars Total for 2015-16:
$2,819

2014-2015 total: $3,168
2013-14 total: $2,493
2012-13 Total: $2,345
2011-12 Total: $2,311

(18,711 Children Immunized)

All Proceeds go towards Polio Eradication.

Service Quotation

"Every action in our lives touches on some chord that will vibrate eternity."

- Edwin Hubbel Chapin, (1814-1880) American Preacher, Editor of the Christian Leader, and poet

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SAVE THE DATE!

Installation Dinner
When:
Thurs, June 30th at 6PM
Where:
The Inn at Swarthmore

Rotary Celebrations

Birthday:
David Smith   6/9

Member Anniversary:
None

Wedding Anniversary:
None